

What is An Exercise Physiologist?

Commission of the Accreditation of Allied Health Occupations. Available online:
http://www.caahep.org/caahep/programs.asp?doc=EXP_PD&pcode=EXP

Exercise Physiology is a discipline that includes clinical exercise physiology and applied exercise physiology. Applied Exercise Physiologists manage programs to assess, design, and implement individual and group exercise and fitness programs for apparently healthy individuals and individuals with controlled disease. Clinical Exercise Physiologists work under the direction of a physician in the application of physical activity and behavioral interventions in clinical situations where they have been scientifically proven to provide therapeutic or functional benefit.

U.S. Department of Labor. (1991). *Dictionary of Occupational Titles* (Vol. 1, 4th edition). U.S. Employment Service, Raleigh, North Carolina, p. 62.

076.121-018 EXERCISE PHYSIOLOGIST (medical services)

Develops, implements and coordinates exercise programs and administers medical tests under a physician's supervision, to promote physical fitness. Explains program and test procedures to participants. Interviews participant to obtain vital statistics and medical history and records information. Records heart activity, using an electrocardiograph (EKG) machine, while participant undergoes stress test on treadmill, under physician's supervision. Measures oxygen consumption and lung functioning, using spirometer. Measures amount of body fat, using such equipment as hydrostatic scale, skinfold calipers, and tape measure, to assess body composition. Performs routine laboratory test of blood samples of cholesterol level and glucose tolerance, or interprets test results. Schedules other examinations and tests, such as physical examination, chest X-ray and urinalysis. Records test data in patient's chart or enters data into computer. Writes initial and follow-up exercise prescriptions for participants, following physician's recommendations, specifying equipment, such as treadmill, track or bike. Demonstrates correct use of exercise equipment and exercise routines. Conducts individual and group aerobic, strength and flexibility exercises. Observes participants during exercise for signs of stress. Teaches behavior modification classes, such as stress management, weight control, and related subjects. Orders material and supplies and calibrates equipment. May supervise work activities of other staff members.

American College of Sports Medicine. (1996). *Sports Medicine Bulletin*, Indianapolis, IN, Vol. 31, No. 3, pp. 6-7.

The *clinical exercise physiologist* works in the application of exercise and physical activity for those clinical and pathological situations where it has been shown to provide therapeutic or functional benefit. Patients for whom services are appropriate may include, but are not limited to, those with cardiovascular, pulmonary, metabolic, immunologic, inflammatory, orthopedic and neuromuscular diseases and conditions. This list will be modified as indication and procedures of application are further modified developed and matured. Furthermore, the clinical exercise physiologist applies exercise principles to groups such as geriatric, pediatric and obstetric populations, and to society as a whole in preventive activities. The clinical exercise physiologist performs exercise evaluation, exercise prescription, exercise supervision, exercise education and exercise outcome evaluation. The practice of clinical exercise physiologists should be restricted to clients who are referred by, and are under the continued care of a licensed physician.

American College of Sports Medicine. (1994) *What is an Exercise Physiologist?* Public Relations Department. Indianapolis, Indiana.

Exercise physiologists are scientists who conduct controlled investigations of responses and adaptations to muscular activity utilizing human subjects or animals within a clinical setting, a research institute or an academic institution. Very often such a person teaches academic courses in exercise physiology, environmental physiology or applied human physiology for students of medicine, physiology, physical education or other health-related fields.

American Society of Exercise Physiologists (www.asep.org)

Exercise Physiologist means a person who has an academic degree in exercise physiology, or who is certified by ASEP to practice exercise physiology [via the Exercise Physiologist Certified exam (EPC)], or who has a doctorate degree with an academic degree or emphasis in exercise physiology from an accredited college or university.